



Division of Alcohol and Substance Abuse  
Presents

*A presentation by Dr. Darryl S. Inaba, Pharm. D.*

### **The Evolving Science of Relapse and Recovery**

Recovery is a life-long pursuit and relapse is an insidious specter waiting in the wings to derail the journey. Join us for an exciting exploration of the science of relapse and recovery. Dr. Inaba will share new research as well delve into the neurobiology of the brain's memory function. The program also includes a screening of a new video on relapse and recovery produced by CNS Productions, Inc.

#### **PRESENTATION GOALS:**

Participation in this presentation will result in the following:

- Increased understanding of neurochemical and neurocellular mechanisms that promote interruptions in recovery (slips and relapses).
- Familiarity with the brain's memory process of dendritic spines and their role in triggering cravings that lead to resumption of drug use or compulsive behaviors.
- Appreciation of the four distinct phases of recovery.
- Improved awareness of the major challenges to continued abstinence during each distinct phase of recovery.
- Exposure to effective relapse prevention tools.

#### **PRESENTATION OBJECTIVES:**

Upon completion of the presentation, participants will be able to:

- Describe how neurotransmitters affect cravings, slips and relapses and name the most important neurotransmitter involved in these activities.
- Identify at least 4 brain structures involved in the reward reinforcement as well as the control circuits of the brain and discuss how they influence compulsivity as well as cravings.
- Explain how memories are formed through dendritic spines and describe how these and at least 4 negative mood states can trigger powerful cravings.
- List the four phases of recover and recognize major threats to cause slips and relapses during each phase.
- Itemize at least 6 reflexes or automatic activities that can help to prevent craving and minimize relapse.

The first training will be held from 9:00 a.m. to 12:00 p.m. and the second will be held from 1:00 p.m. – 4:00 p.m. Both trainings will provide 3 CEU's.

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**Registration Form:**

Name: \_\_\_\_\_

Agency: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Email: \_\_\_\_\_

**Check which training session you would like to attend.**

☐ **July 17, 2009 9:00 a.m. – 12:00 p.m. - Tacoma**

☐ **July 17, 2009 1:00 p.m. – 4:00 p.m. - Tacoma**

Confirmation information, including a map will follow. If you have interpreter or special needs, please contact Jen Howard at least 10 days prior to the training date at (360) 725-3810.

**Send or fax registration form to:**

Division of Alcohol and Substance Abuse  
Jen Howard - Fax # (360) 586-0341